

WHAT IS CLAIMED IS:

1. An enriched milk with capsules, said capsule  
composing;

5 a primary core containing hydrogenated oil which  
nutrients are dispersed therein;

a second core layer which surrounds the primary core to  
prevent loss of nutrients contained in the primary core; and

10 an outer layer which covers the second core layer to  
maintain the shape of the capsules.

2. The enriched milk as set forth in claim 1, wherein  
the specific gravity of the total capsules is equal to milk.

3. The enriched milk as set forth in claim 2, wherein  
the specific gravity of the total capsules is in a range of  
15 0.9 to 1.5.

4. The enriched milk as set forth in claim 1, wherein  
the primary core, the second core layer and the outer layer  
are 25 to 35% by weight, 35 to 45% by weight and 25 to 35% by  
weight on the basis of the weight of the total capsules,  
20 respectively.

5. The enriched milk as set forth in claim 1, wherein  
the mixing ratio of the nutrients of the primary core and the  
hydrogenated oil is 1:1.5 to 1:5.7.

6. The enriched milk as set forth in claim 1, wherein  
25 the nutrients include one or more selected from the group

consisting of vitamins A, B<sub>1</sub>, C and D, niacin and folic acid and one or more selected from the group consisting of iron and zinc.

7. The enriched milk as set forth in claim 1, wherein  
5 the nutrients also comprise one or more of functional unsaturated fatty acids selected from the group consisting of DHA, EPA and CLA.

8. The enriched milk as set forth in claim 7, wherein  
10 the content of the functional unsaturated fatty acids is 0.5 to 15% by weight on the basis of the weight of the primary core.

9. The enriched milk as set forth in claim 1, wherein  
15 the hydrogenated oil of the primary core are one or more selected from the group consisting of hydrogenated coconut oil and hydrogenated cottonseed oil.

10. The enriched milk as set forth in claim 1, wherein  
the second core layer comprises hydrogenated oil and lecithin.

11. The enriched milk as set forth in claim 10, wherein  
20 the content of the hydrogenated oil is 89 to 97% by weight on the basis of the weight of the second core layer, and the content of the lecithin is 3 to 13% by weight on the basis of the weight of the second core layer.

12. The enriched milk as set forth in claim 10, wherein  
25 the hydrogenated oil is one or more selected from the group consisting of hydrogenated coconut oil and hydrogenated

cottonseed oil.

13. The enriched milk as set forth in claim 1, wherein the outer layer comprises two or more materials selected from the group consisting of gelatin, sorbitol and agar.

5       14. The enriched milk as set forth in claim 13, wherein the content of the gelatin is 75 to 83% by weight on the basis of the weight of the outer layer, and the content of the sorbitol is 17 to 25% by weight on the basis of the weight of the outer layer.

10      15. The enriched milk as set forth in claim 1, wherein the diameter of the capsule is in a range of 0.5 to 2.5 mm.